

Fruit Smoothie:

Ingredients:

- 6 Strawberries
- 1 Banana
- 300ml Milk
- 1 small pot Yoghurt



Equipment:

- Knife
- Chopping Board
- Blender
- Measuring Jug
- Glass to serve

You may wish to use fresh fruits that are in season, or add frozen or canned fruit. Try experimenting with different fruits and flavours of yogurt, such as banana and vanilla or orange and mango.

Method:

1. Remove the green tops from the strawberries
2. Slice the strawberries and banana and place in the blender
3. Add milk and yoghurt
4. Put the lid on the blender and turn on for 45 seconds
5. Serve in two tall glasses